

EMERGENCY MANAGEMENT NEWS

September is National Preparedness Month

National Preparedness Month (NPM), is recognized each September to promote family and community disaster and emergency planning now and throughout the year. The 2021 theme is “*Prepare to Protect.*” Preparing for

The 2021 National Preparedness Month Weekly Themes are:

Week 1: September 1-4 Make a Plan

Week 2: September 5-11 Build a Kit

Week 3: September 12-18 Prepare for Disasters

Week 4: September 19-25 Teach Youth About Preparedness

disasters is protecting everyone you love.

Emergencies, by definition, leave little or no time to react. The increased threat of terrorism and naturally occurring disasters demonstrate the need for our Guard Community to be prepared for any emergency.

To help prepare the Guard Community for all hazards, Ready Army encourages everyone to – Make a Plan. Build a Kit, Prepare for Disasters, and Teach Youth About Preparedness. The Army’s campaign expands upon the National Ready Campaign to provide targeted information to support the unique needs of our Guard community stationed around the world.

The Guard recognizes the continued commitment and sacrifice that Soldiers and their Families make every day. Ready Army supports that commitment by strengthening our Army community and the peace of mind of our deployed Soldiers, who can focus on their critical duties knowing their loved ones know what to do if an emergency strikes.

Soldiers take care of Soldiers; Guard Families take care of Guard Families; and in the Guard, we take care of each other. This underlying compassion creates an attitude that we are in this together. Instituting emergency preparedness and education programs such as Ready Army helps prepare the entire Army Community; and a prepared community saves lives.

Week 1: September 1-4 Make a Plan



Make a plan today. Your Family may not be together if a disaster strikes, so it is important to know which [types of disasters](#) could affect your area. Know how you'll contact one another and reconnect if separated. Establish a Family meeting place that's familiar and easy to find.

Step 1: Put together a plan by discussing these 4 questions with your Family, friends, or household to start your emergency plan.

1. How will I receive [emergency alerts and warnings](#)?

Public safety officials use timely and reliable systems to alert you and your Family in the event of natural or man-made disasters. This page describes different warning alerts you can receive and the types of devices that receive the alerts.



During an emergency, alert and warning officials need to provide the public with life-saving information quickly. Wireless Emergency Alerts (WEAs), made available through the [Integrated Public Alert and Warning System \(IPAWS\)](#) infrastructure, are just one of the ways public safety officials can quickly and effectively alert and warn the public about serious emergencies.

What you need to know about WEAs:

- WEAs can be sent by state and local public safety officials, the National Weather Service, the National Center for Missing and Exploited Children, and the President of the United States
- WEAs can be issued for three alert categories – imminent threat, AMBER, and presidential
- WEAs look like text messages, but are designed to get your attention and alert you with a unique sound and vibration, both repeated twice
- WEAs are no more than 90 characters, and will include the type and time of the alert, any action you should take, as well as the agency issuing the alert
- WEAs are not affected by network congestion and will not disrupt texts, calls, or data sessions that are in progress
- Mobile users are not charged for receiving WEAs and there is no need to subscribe
- To ensure your device is WEA-capable, check with your service provider



2. What is my [shelter](#) plan?

Choosing to take shelter is necessary in many emergencies.

Taking appropriate shelter is critical in times of disaster. Sheltering is appropriate when conditions require that you seek protection in your home, place of employment or other location when disaster strikes. Sheltering outside the hazard area could include staying with friends and

relatives, seeking commercial lodging or staying in a mass care facility operated by disasterrelief groups.

To effectively shelter, you must first consider the hazard and then choose a place in your home or other building that is safe for that hazard. For example, for a tornado, a room should be selected that is in a basement or an interior room on the lowest level away from corners, windows, doors and outside walls.

The safest locations to seek shelter vary by hazard. [Be Informed](#) about the sheltering suggestions for each hazard.

There may be situations, depending on your circumstances and the nature of the disaster, when it's simply best to stay where you are and avoid any uncertainty outside by "sheltering in place". The length of time you are required to shelter may be short, such as during a tornado warning, or long, such as during a winter storm or a pandemic. It is important that you stay in shelter until local authorities say it is safe to leave. Additionally, you should take turns listening to radio broadcasts and maintain a 24-hour safety watch.

During extended periods of sheltering, you will need to manage water and food supplies to ensure you and your Family have the required supplies and quantities.

3. What is my [evacuation](#) route?

A wide variety of emergencies may cause an evacuation. In some instances you may have a day or two to prepare, while other situations might call for an immediate evacuation. Planning ahead is vital to ensuring that you can evacuate quickly and safely, no matter what the circumstances.

- Learn the types of disasters that are likely in your
- community and the local emergency, evacuation
- and shelter plans for each specific disaster.
- [Plan](#) how you will leave and where you will go if you are advised to evacuate.

- Identify several places you could go in an emergency such as a friend's home in another town or a motel. Choose destinations in different directions so that you have options during an emergency.



- If needed, identify a place to stay that will accept [pets](#). Most public shelters

allow only service animals.

- Be familiar with alternate routes and other means of transportation out of your area.
- Always follow the instructions of local officials and remember that your evacuation route may be on foot depending on the type of disaster.
- [Develop a Family/household communication and re-unification plan](#) so that you can maintain contact and take the best actions for each of you and re-unite if you are separated.
- Assemble supplies that are ready for evacuation, both a “go-bag” you can carry when you evacuate on foot or public transportation and supplies for traveling by longer distances if you have a personal vehicle.
- If you have a car:
 - Keep a full tank of gas in it if an evacuation seems likely. Keep a half tank of gas in it at all times in case of an unexpected need to evacuate. Gas stations may be closed during emergencies and unable to pump gas during power outages. Plan to take one car per family to reduce congestion and delay.
 - Make sure you have a portable [emergency kit in the car](#).
- If you do not have a car, plan how you will leave if needed. Make arrangements with family, friends or your local government.

What is my [Family/household communication plan](#)?

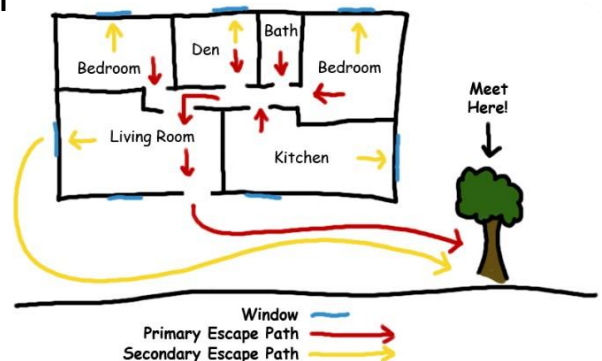
Emergencies can happen at any time. Do you know how to get in touch with your family if you are not together?

Let them know that you are OK! Pick the same person for each family member to contact. It might be easier to reach someone who's out of town.

Unless you are in immediate danger, send a text. Texts often have an easier time getting through during emergencies, and you don't want to tie up phone lines needed by emergency responders (like 911). Memorize your home and parent's cell phone numbers.

Know where to go and how to get there. Pick a meeting spot. Where will you meet up with your family if you have to get out of your house quickly? Where will you meet if your neighborhood is being evacuated and you're not at home? Pick a place to meet (like a big tree in your yard or your neighbor's house). You should also pick a place out of your neighborhood (such as the library or house of worship).

Know two exits out of your house or your school. Do you know two ways out of every room in your house in case of a fire. Draw the floor plan of your bedroom on a piece of paper and circle the two ways to get out. Hint: one may be the door



Week 2: September 5-11 Build a Kit



Build A Kit

After an emergency, you may need to survive on your own for several days. Being prepared means having your own [food](#), [water](#) and other [supplies](#) to last for at least 72 hours. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

Make sure your emergency kit is stocked with the items on the checklist below. Most of the items are inexpensive and easy to find and any one of them could save your life. Headed to the store? [Download a printable version](#) to take with you. Once you take a look at the basic items consider what [unique needs](#) your Family might have, such as supplies for [pets](#) or [seniors](#).

Basic Disaster Supplies Kit

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

- [Water](#) (one gallon per person per day for at least three days for drinking and sanitation)
- [Food](#) (at least a three-day supply of non-perishable)
- Battery-powered or hand crank radio and extra batteries
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to [shelter in place](#))
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to [turn off utilities](#))



- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery
- Download the [Recommended Supplies List](#) (PDF)

Emergency Supplies

Since Spring of 2021, the CDC has recommended people include additional items in their kits to help prevent the spread of coronavirus or other viruses and the flu.

Consider adding the following items to your emergency supply kit based on your individual needs:

- [Cloth face coverings](#) (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces
- [Prescription medications](#)
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important Family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children



Maintaining Your Kit

- After assembling your kit remember to maintain it so it's ready when needed:
- Keep canned [food](#) in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed.
- Re-think your needs every year and update your kit as your Family's needs change.

Kit Storage Locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.

- Home: Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all Family members know where the kit is kept.

- **Work:** Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a “grab and go” case.
- **Car:** In case you are stranded, keep a kit of emergency supplies [in your car](#).

Week 3: September 12 – 18 Prepare for

Preparing for Disaster

A natural disaster can occur at any time. Some disasters give a warning, such as a storm preceding a flood. Others, such as earthquakes, give little or no warning. Once a disaster happens, the time to prepare is gone.

The best way to cope with a natural disaster is to prepare by having a plan before it strikes.

Disasters vary in size, from smaller events such as a storm affecting a single suburb, to large-scale events that can affect whole cities or large areas that cross state boundaries. As a result of disasters, people may be injured or killed, or may lose their homes and valuable possessions.

It is important to protect your Family, home, business and assets from such events. Insurers provide society with the means to do this. Following a natural disaster, insurance companies can pay claims to policyholders with the right policies who are affected, allowing communities to rebuild.

Taking steps to prepare for a disaster can help get you back to normal faster. If you are unprepared, the devastation and financial loss caused by natural disasters can be magnified.



Plan for your risk

Every American should know how to prepare for any natural disaster. Most of us live in areas that can be affected by extreme weather and other natural disasters, whether it is from wildfires, floods, severe storms, droughts, hurricanes or earthquakes.

The first step is to identify the types of disasters you are exposed to, the likelihood of these occurring and their potential impact. Knowing the most common hazards in your area — particularly if you're new to the region — can help you focus your preparation plans for each hazard.

For instance, ask yourself:

- Is my area vulnerable to any natural hazards?
- How often are these hazards likely to occur in my area?
- Which of my assets would be affected?



- To what extent would I be affected financially?
- How would I recover if I did not have insurance?
- How can each disaster be predicted or mitigated?

Local councils and emergency management authorities can help you identify risk in your area and outline the local plans and recommendations for each. Once you have identified the disasters you are exposed to, it's important to review your insurance policies and confirm your cover against various events. If you don't have insurance, consider the types of policies you may require and the risks you need them to cover. If you live in a flood or wildfire zone, it would be wise to insure your property accordingly. For example, if your home is next to a river or creek and your property is at risk of flooding, check your policy to see if you're covered. If you're unsure, contact your insurer to find out. Many insurers will place embargoes on insurance when natural disasters are considered imminent. This means if a hurricane is heading your way you may not be able to purchase insurance cover until the insurer lifts restrictions on new policies. Embargoes prevent property owners buying insurance just before a disaster strikes and then cancelling once the risk has passed.

Week 4: September 19-25 Teach Youth About Preparedness

Emergency situations, inclement weather, and natural disasters can occur at any time and without much notice. While disaster planning, response, and recovery efforts are typically led by adults, it is important to teach youth to also prepare for disasters. To help accomplish this, the Federal Emergency Management Agency (FEMA) offers numerous resources to help involve youth in disaster planning. In honor of National Preparedness Month, let us share with you a few tips to help teach youth disaster preparedness techniques and strategies.

FEMA's Youth Preparedness Council

Have you heard about [FEMA's Youth Preparedness Council](#)? This organization was created in 2012 to connect those who are interested in supporting disaster preparedness and response in their local communities. Members of the Council meet with FEMA representatives periodically in Washington D.C. to provide input on strategies and initiatives. Those interested in joining are selected based on their dedication, experience, and potential to make an impact as a youth supporter of disaster preparedness.

Ready 2 Help Game

For younger children, FEMA has created a "Ready 2 Help" card game to help teach youth how to respond in an emergency situation. The game was designed to instruct children ages eight and above on how to react to emergency situations in a fun and simple way using a five step process: Stay Safe, Stay Calm,

Get Help, Give Information, and Give Care. The game can be downloaded and printed for free by visiting www.ready.gov/game.

Family Emergency Planning

Some disasters strike without any warning, and Family members may not all be in the same place. How will you get in touch with each other? Where will you meet? How will you get out of your house in case of a fire? What if your neighborhood is being evacuated? It's important to make a plan, now, so that you will know what to do, how to find each other, and how to communicate in an emergency.



Prepare Now

Make a plan now so that you will know what to do and how to communicate in an emergency.



Build a Kit

Know who to call and where to meet when a disaster happens. Start your family emergency plan today.

Teach Emergency Preparedness in the Classroom

Emergency situations can occur at any time or place. These may include natural or man-made disasters such as earthquakes, wildfires, or residential fires. When these situations do arise, people have the best chance at survival when everyone, including children, knows what to do to ensure their own safety.

Teachers have a unique opportunity and an obligation to impart their emergency preparedness knowledge on to their students, particularly in areas where disasters are common, so they can take appropriate and potentially life-saving action during a disaster, even if their parent is not present.

Educational videos and drills are some of the ways in which you can instruct children about the basics of how to respond when emergencies happen.

Earthquakes

Earthquakes generally strike without warning and have the ability to leave widespread damage in their wake. When earthquakes occur, children can easily be taken by surprise when things begin to shake and

fall. To prepare children for this natural disaster, teach



students how to seek cover away from windows and under desks or tables. It's important to instruct children to further protect themselves by bending their heads to their knees and covering their necks with their hands. Articles of clothing such as coats may also be used as shields to prevent injuries from shattered glass and debris. Classroom drills can allow children to practice how to do this quickly. As a part of their training, children should also be taught that when they are indoors, they should remain inside and under cover until at least a full minute has passed without further shaking. Those who are outside when an earthquake starts should not try to run inside buildings; instead, move to open land far away from potential hazards such as buildings and power lines.

House Fires

Children need to know what to do when fires break out in the home or at school. Explain to students that first and foremost, they need to know where the escape routes are and to get out of the building as fast as possible. Whether in school or at home, these escape routes should be clearly designated so that they can be memorized easily; the paths of escape are typically doors or windows. Encourage students to speak with their students' parents about creating a home fire escape plan for their family. Another important point for children to remember is to avoid opening doors where they see smoke or where the door knobs or walls are hot. Children should also stay low to the ground and cover their mouths and noses with clothing to filter out smoke. If the only way out of a burning building is a window, children may need to use furniture or a heavy object to break the window, put clothing or bedding over the window frame to protect against injury from broken glass, and then climb out. Remember, if a child comes into contact with a fire, the first thing to do is stop, drop, and roll while covering the face, as this will prevent the fire from spreading and doing serious injury.

Week 4: September 19-25 Teach Youth About

Youth Preparedness Tornadoes

Powerful tornadoes can strike with very little warning and pose a severe risk that children need to be made aware of. Students should be taught that whenever there is a hurricane nearby, or even if they are in the middle of a thunderstorm or a hail storm, there is a chance that a tornado can happen. Teach your students to watch for a sky with a greenish color or the presence of a funnel-shaped cloud that is either beginning to form or has touched down on the ground somewhere nearby. A more ominous sign of a tornado's presence is the sound of a powerful roar. If a tornado is suspected or known to have touched down while a child is near a building or indoors, they should immediately move to a closet, the lowest room in the building, or a room with no windows and seek cover under a table. After a tornado has passed, kids should know to avoid power lines of any sort, stay away from collapsed buildings or downed trees, and avoid walking through

water. Children should also contact a trusted adult as quickly as possible so that people know they are OK.

Winter Storms and Extreme Cold

Winter storms and cold snaps bring with them the risk of hypothermia. During extreme winter conditions, proper training will help children recognize the importance of staying indoors and as warm as possible. This means eating regularly and drinking adequate amounts of water to help the body produce its own heat. If a child does go outdoors, they should avoid staying out for too long and change out of wet clothing as soon as possible to preserve body heat. While outdoors, wear multiple layers of clothing, which provide insulation. Wear thick socks, gloves, and a winter cap to prevent heat from leaving the body from the extremities.

